## NUTRITION MYTH-BUSTING STRATEGIES FOR WORKPLACE WELL-BEING



Do your employees, coworkers, and friends think they eat healthy?

A lot of people do — and they're often mistaken. Packaged foods and recipes promoted as healthy or organic tend to cause the health halo effect — where people believe they can eat unlimited quantities: It's good for me.

Help your population cut through the clutter and make better choices by shining a light on scientifically sound, practical nutrition advice they can use to feel their best every day.



Create short myth-busting quizzes as education tools and to get snapshots of the most prevalent myths afloat in your population. Hold a drawing for participants and give away a few farmers' market gift cards.

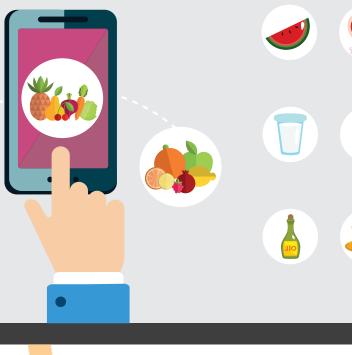


TRUE OR FALSE:

Snack bars labeled



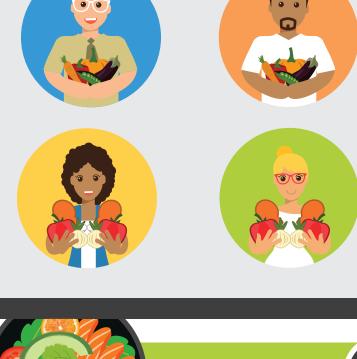
Carve out a section of website real estate for rotating examples of misleading marketing claims. Ask employees to submit their own examples to encourage independent detective work.





where workers try serving up a correct serving size.

Stage a contest





for produce.

marketing campaign





In celebration of National Nutrition Month, we'll send you a free copy of the nutrition-themed March/April issue of the Well-Being Practitioner journal; just send us an email with Free WBP in the subject line.